

# **How many ounces am i supposed to drink a day.**

Are you drinking enough water? It's essential to stay hydrated, but did you know there are different types of water? Learn about them here!

Water is essential for life. We need it to survive and use it to keep our bodies functioning correctly. But too much water can cause problems, so drinking the correct amount is essential to drink a lot of water.

## **Water Is Essential.**

There are three main types of water: distilled, bottled, and tap. Distilled water has been purified through distillation, while bottled water comes from underground sources. Tap water comes out of the faucet when you turn on the spigot.

The best type of water to drink is filtered tap water because it contains fewer contaminants than other forms of water. However, if you want to be sure that you're getting the purest water possible, you should use distilled water. Distilled water contains impurities such as chlorine, fluoride, and heavy metals. Bottled water is often treated with chemicals to remove impurities, which could contain harmful bacteria.

If you're looking for the best type of water to consume, you should choose bottled water. Bottled water has been proven to be safer than tap water. A study published in the Journal of Environmental Health found that people who drank bottled water had less gastrointestinal illness than those who drank tap water. Another study conducted at the University of California, Davis, showed that bottled water was better for human health than tap water.

## **Tap Water vs. Bottled Water.**

Consider buying bottled water instead if you're looking for something more than plain old tap water. You might think that tap water is healthier because it's free, but bottled water is better for you. Some studies suggest that people who drink bottled water tend to weigh less than those who drink only tap water.

The Environmental Working Group (EWG) has found that tap water contains dangerous levels of lead, arsenic, and other contaminants. On top of that, bottled water is often treated with chemicals such as chlorine, which can cause health problems. For example, according to EWG, bottled water is constantly filtered using reverse osmosis, which removes essential minerals from the water. These minerals include calcium, magnesium,

potassium, sodium, chloride, bicarbonate, sulfates, nitrates, and fluoride.

The average American drinks nearly two gallons of bottled water every day. That's enough to fill a one-gallon jug three times. And while some people claim that drinking bottled water is better than drinking tap water because it's cleaner, there are plenty of reasons to avoid buying bottled water:

1. Most bottled water comes from municipal sources, where it is likely contaminated with pesticides, heavy metals, and other harmful substances.
2. Bottled water companies use various methods to remove impurities from the water, but none are entirely safe.
3. Bottled water is expensive. You could buy a gallon of tap water for less than \$1.00.
4. Bottled water is often filled with added sugar, artificial flavors, and preservatives.
5. Bottled water isn't always safer than tap water. Some bottled waters contain high amounts of BPA, a chemical linked to cancer and reproductive issues.
6. If you live in a drought-prone area, you might be able to get free tap water.
7. Tap water is usually healthier than bottled water.

8. Bottled water is often shipped long distances, which means it travels through pipelines that may leak into our groundwater.

## **Spring Water vs. Distilled Water.**

Tap water isn't necessarily bad for you, but it does contain impurities that aren't good for you. Bottled water is much cleaner, so it's a better choice. However, not everyone has access to clean water, so it'd be wise to keep an eye out for local clean water sources.

The Environmental Working Group (EWG) recently released a report stating that tap water contains dangerous levels of contaminants. EWG found that nearly 90 percent of Americans drink water contaminated with at least one pollutant. That means most people are drinking water which could cause health problems.

Consider switching to spring water to help protect yourself from harmful chemicals in your tap water. According to the EWG, spring water has fewer contaminants than tap water because it comes directly from underground sources. If you want to learn more about which type of water is best for you, check out our guide to different types of water.

## **Mineral Water vs. Flavored Water.**

There are two main types of bottled water: mineral water and flavored water. Mineral water contains no added flavors, while flavored water usually comes with various options such as lemonade, orange juice, and even kool-aid. Both types of water are safe to drink, but some people find mineral water more refreshing than flavored water.

The best thing about mineral water is that it doesn't contain any additives or preservatives. However, if you prefer flavored water, plenty of options are available. For example, you can buy flavored water in bottles at grocery stores, convenience stores, and gas stations. Some popular brands include Crystal Light Lemonade, Kool-Aid, and Gatorade.

## **Water That's Not Safe To Drink.**

Try sparkling water if you're looking for a healthier alternative to plain old tap water. Sparkling water has been shown to help reduce weight gain and improve blood pressure. It also helps keep teeth healthy by preventing tooth decay.

The American Dental Association recommends drinking eight glasses of water daily. However, opt

for sparkling water instead of plain tap water if you want the most benefits from your water intake. Sparkling water contains bubbles, providing a natural source of air that keeps your mouth hydrated. In addition, sparkling water contains minerals such as calcium, magnesium, and potassium, which are essential for maintaining strong bones and teeth.

If you're looking for ways to improve your health, you should consider adding sparkling water to your daily routine. According to the American Dental Association, people who drink at least eight glasses of plain tap water daily are less likely to develop cavities than those who drink soda pop or other sugary beverages. However, if you'd enjoy a refreshing beverage without sacrificing your oral health, choose sparkling water instead. Sparkling water contains tiny bubbles which keep your mouth moist and prevent tooth decay. In addition, sparkling waters contain minerals such as calcium, potassium, and magnesium, which are essential for maintaining healthy bones and teeth.